

# Fortnightly News

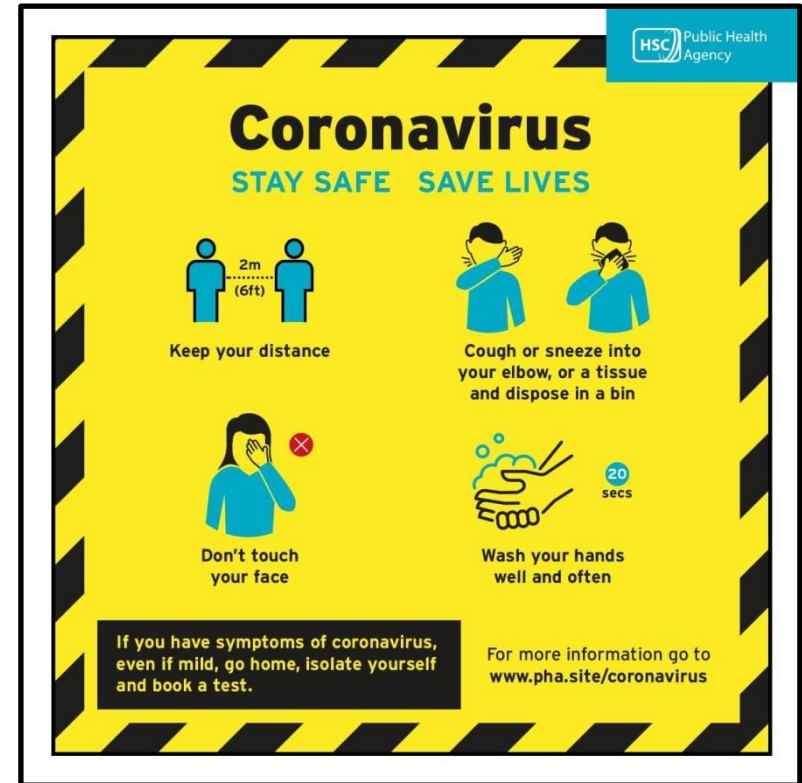
September 2020

## Issue 28

Welcome to this bumper 28<sup>th</sup> edition of Fortnightly News, the E-newsletter which shares information to improve the outcomes for Children and Young People in your Locality.

As we approach World Mental Health and Suicide Prevention Month we have some useful information on mental health and wellbeing.

Nuala McArdle  
& Noelle Hollywood





## **Fortnightly News**

**If you would like to contribute to Fortnightly News, we would love to include your contributions.**

- **Please submit the information in the format you would like it to be included. We won't transform a word-heavy document into a flyer, please make it easy for us!**
- **Less words, bigger pictures!**
- **We do not advertise or endorse those events or programmes which are privately funded as a business.**
- **Fortnightly News will be issued every fortnight, on a Friday morning. Please send your articles for inclusion by 5pm of the Tuesday prior to this.**
- **We may have to decline to advertise information which is not applicable to better outcomes for children and young people.**
- **Your feedback is welcome.(We are not perfect, but will strive to be as good as we can.)**
- **Please let us know if Fortnightly News has helped your service, event or activity in anyway.**

**[For more information on' Fortnightly News ' contact  
noelle.hollywood@setrust.hscni.net](#) or 07872422101**



**WORKING**  
TO PROMOTE MENTAL WELLBEING  
**TOGETHER**

**With**

**Workplaces**

**Families**

**Schools &  
Colleges**

**And**

**Communities**



Health and Social  
Care Board



**#MentalWellbeingNI2020**



10<sup>TH</sup> September – 10<sup>th</sup> October 2020

## Theme: Working Together To Promote Positive Mental Wellbeing

**#mentalwellbeing2020**

This year has been a challenging time for many people. The coronavirus (COVID-19) outbreak is having an impact on everyone's daily lives. During this time, you may be bored, frustrated or lonely. You may also feel low, worried, anxious, or be concerned about your health or that of those close to you. These are all common reactions to the difficult situation we face. Now more than ever it's important that you take care of your mind as well as your body (NI direct 2020).

In these challenging times the five Health and Social Care Trusts have collaborated to develop a joint campaign to raise awareness and promote advice on how to look after your mental health and wellbeing during the coronavirus (COVID-19) outbreak.

The campaign starts on World Suicide Prevention Day, the 10<sup>th</sup> September and runs through to World Mental Health Day on 10<sup>th</sup> October.

We are inviting your group to take part. Along with an information pack, we are producing a social media pack which we ask you to download and share. As part of the campaign we also plan to promote 'Reconnect over Coffee'. 'Connect' is one of the 'Take 5' steps to wellbeing. Evidence shows that encouraging support networks improves our mental health and wellbeing. So why not arrange to reconnect over coffee with someone either virtually or in person (depending on government guidance).

We are keen to hear what you are planning for **#mentalwellbeing2020**. Please share your plans so we can capture them in the SEHSCT calendar of events. Please complete the template attached before Friday 21<sup>st</sup> August and forward to [Brien.frazer@setrust.hscni.net](mailto:Brien.frazer@setrust.hscni.net)

Thank you for your support.







World Suicide Prevention Day  
**Working Together to Prevent Suicide**  
September 10, 2020



World Suicide Prevention Day  
**Working Together to Prevent Suicide**  
September 10, 2020



**World Suicide Prevention Day (WSPD) provides the opportunity for people, across the globe, to raise awareness of suicide and suicide prevention.**

**What can you or your organisation do to support this day?**

Three simple things that everyone can do to offer support:

- Save the Lifeline number to your phone – 0808 808 8000

**Lifeline**

**0808 808 8000**

[www.lifelinehelpline.info](http://www.lifelinehelpline.info)

- Light a candle on a window at 8pm on Thursday 10<sup>th</sup> September 2020. To show your support for suicide Prevention, to remember a lost loved one and for the survivors of Suicide – [www.iasp.info](http://www.iasp.info)

The International Association for Suicide Prevention invites you to light a candle at 8 PM



**World Suicide Prevention Day**

**On September 10th**

**World Suicide  
Prevention Day**

**Light a candle near  
a window at 8 PM**

**to show your support  
for suicide prevention**

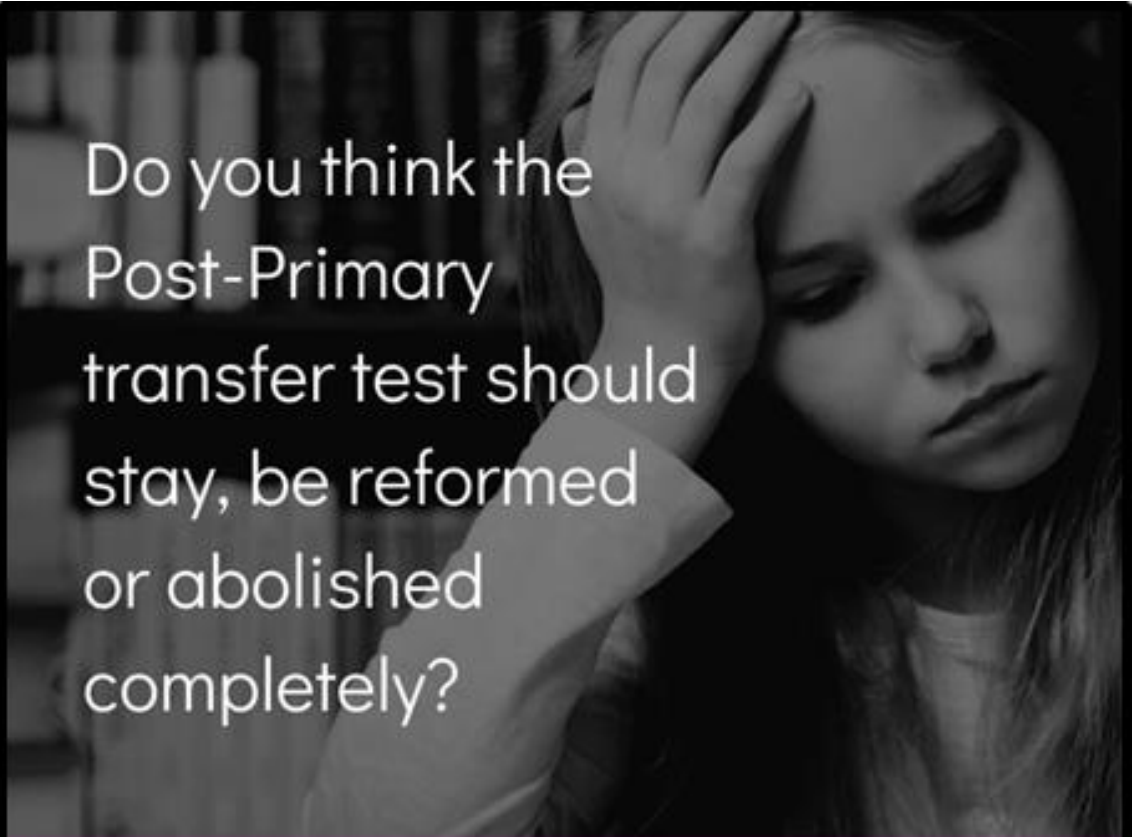
**to remember a lost loved one**

**and for the survivors  
of suicide.**

**[www.iasp.info/wspd](http://www.iasp.info/wspd)**

**Complete the Towards Zero Suicide Awareness Training.**  
**This online training will take approximately 20 minutes to complete at;**  
<https://www.zerosuicidealliance.com/training>





Do you think the  
Post-Primary  
transfer test should  
stay, be reformed  
or abolished  
completely?

**Take our short survey**

Help us to help you have your voice heard!



Committee for Education

<http://nia1.me/440>



Parents Webinars PDF.pdf - Adobe Acrobat Reader 2017

File Edit View Window Help

Home Tools Parents Webinars P... x

Page 1 (1 of 1) 142%

**Connected for life** Parents Webinars

**This series of 2-hour webinars will present information on a range of topics that is supportive and reassuring wherever you are on your parenting journey. This will be followed by a discussion, during which the facilitators will respond to questions submitted via the private chat.**

Webinar 1 15 <sup>th</sup> Sept 2020, 6.30 - 8.30pm Helping children manage their emotions
Webinar 2 13 <sup>th</sup> Oct 2020, 6.30 - 8.30pm What is attachment and why does it matter?
Webinar 3 10 <sup>th</sup> Nov 2020, 6.30 - 8.30pm How our early experiences can impact us throughout our lives
Webinar 4 8 <sup>th</sup> Dec 2020, 6.30 - 8.30pm Why self care really matters
Webinar 5 19 <sup>th</sup> Jan 2021, 6.30 - 8.30pm Navigating adolescence

Book your place via <https://www.eventbrite.co.uk/o/connected-for-life-13704663786>

Comment  
Fill & Sign  
More Tools

Store and share files in the Document Cloud  
[Learn More](#)



# Emergency numbers

Emergency services

**999 or 112**

Flooding Incident Line

**0300 2000 100**

NI Electricity Networks

**03457 643 643**

**nidirect.gov.uk**

NI Gas emergency service

**0800 002 001**

NI Water

**03457 440 088**

Housing Executive

**03448 920 901**

Report a blocked road

**0300 200 7891**



## Return to School daily tips

Take your young person's concerns about their future, falling behind academically & fitting back in with their peer group seriously. Allow them time to adjust, space to talk & remind them of the positives that have come from the situation such as a greater appreciation of friends and family.

**Support Line: 0808 8010 722**  
**parentingni.org**





Parenting is so difficult at the moment because we are all feeling higher levels of anxiety.

Try to share self-care and relaxation techniques with your family.

Good self-care is key to improved mood and reduced anxiety.



Parents, carers, family members...  
**if you need us  
we're here**

**0808 8020 400**





## PROGRAMME OF EVENTS

The logo is a circular emblem with a dark blue background. At the top, the word 'NEWCASTLE' is written in a yellow, sans-serif font, flanked by two yellow flower icons. Below this, the word 'FESTIVAL' is written in large, bold, yellow, outlined letters. Underneath 'FESTIVAL', the words '- of life -' are written in a yellow, cursive script. At the bottom, the year '2020' is written in yellow, with a stylized sunburst graphic below it. The entire logo is set against a background of a beach, waves, and mountains.

# NEWCASTLE FESTIVAL - of life - 2020

**Saturday 5th September 6pm**  
**Sunday 6th September 11.30am**  
**INTERDENOMINATIONAL  
CHURCH SERVICE**

Our Lady of the Assumption  
Church, Newcastle  
[www.mcnmedia.tv](http://www.mcnmedia.tv)

**Monday 7th September - Friday  
11th September 4pm - 4.45pm**

**THE ART OF PAUSING  
TRAINING FOR SCHOOL  
STAFF\***

Mindfulness training by Deirdre  
McKibben (Mournemindfulness).  
Pre-register at  
<https://forms.gle/ES1GQ4ZmoUxKEVNY7>

**From mid September**  
**INTRODUCTION TO  
MINDFULNESS\***

By Deirdre McKibben  
(Mournemindfulness). Participants  
+18yrs To pre-register call County  
Down Rural Community Network  
on 02844 612 311

**Tuesday 8th September  
10am - 12noon**  
**EMOTIONAL RESILIENCE  
TRAINING\***

Zoom training by Sarah Hugget.  
To pre-register call County  
Down Rural Community Network  
on 02844 612 311

**From Monday 7th September**  
**VIRTUAL WALK FOR LIFE  
THROUGH MURLOUGH  
NATURE RESERVE**  
via youtube search Mournetv  
Murloughwalkforlife

**From September**  
**LYRICS 4 LIFE COMPETITION  
BY YMCA**

Entries to YMCA Newcastle Youth  
Worker John Murray  
[john.murray@ymca-ireland.net](mailto:john.murray@ymca-ireland.net)  
Closing Date- Friday 11th September  
2020 @5pm

**\* LIMITED PLACES - BOOK EARLY**





Community Network Centre

43-45 Frances Street, Newtownards, BT23 7DX

Tel: 028 9181 4625

Email: [info@ardscommunitynetwork.com](mailto:info@ardscommunitynetwork.com)

Web: [www.ardscommunitynetwork.com](http://www.ardscommunitynetwork.com)

**Do you need school uniforms  
that are clean and in good condition?**

**Please Call Into:**

**Ards Community Network Centre**



**Call in and see what's available for next term!**

**Opportunity to View Uniforms:**

**Mon 10<sup>th</sup> Aug to Thurs 13<sup>th</sup> Aug 10am – 4pm**

**Mon 17<sup>th</sup> Aug to Thurs 20<sup>th</sup> Aug 10am – 4pm**

**Mon 24<sup>th</sup> Aug to Thurs 27<sup>th</sup> Aug 10am – 4pm**

**Tues 1<sup>st</sup> Sep to Thurs 3<sup>rd</sup> Sep 10am – 4pm**

**Mon 7<sup>th</sup> Sep to Thurs 10<sup>th</sup> Sep 10am – 4pm**



**Primary and Secondary School Uniforms:**

**Let's work together and find these clothes a good home!**

**We operate a COVID secure building, please adhere to the guidelines and help us all stay safe.**

**Thank you**



**Have your plans changed?  
Are you at a loose end in September?**

**M-POWER NORTH DOWN  
COULD BE FOR YOU!**



Earn up to £8 per day, attend 3  
days per week &

- Meet new people
- Gain qualifications
- Enjoy outdoor activities  
& much more!



Based in Bangor Mainstreet



Aoife on 073 9141 7195 for more info



ARE YOU AGED 16-24?  
LOOKING FOR SOME  
DIRECTION?  
DO YOU WANT TO FIND  
YOUR FUTURE?

**Futures**  
Project  
**ONLINE**

FUTURES IS A PERSONAL DEVELOPMENT SUMMER  
PROGRAMME FOR YOUNG PEOPLE:

- EARN UP TO £40 PER WEEK & KEEP YOUR BENEFITS!
- GAIN NEW SKILLS & QUALIFICATIONS (OCN LEVEL 2)
- YOU'LL HAVE A MENTOR TO SUPPORT YOU
- WEEKLY CHECK-IN WITH FACILITATORS/KEYWORKER
- TAKE PART IN FUN ACTIVITIES WITH WEEKLY TASKS
- DAILY HEALTHY HOUR FOR SELF CARE
- CREATIVE JOURNALING, RELAXATION, BOOK CLUB & MORE
- BELFAST MET STUDENT ID THROUGH UNIDAYS APP

**YOU'LL NEED:**

- INTERNET ACCESS
- SMARTPHONE OR TABLET
- FACEBOOK ACCOUNT



**INTERESTED? TO JOIN CONTACT:**

**FUTURESPROJECT@NIHE.GOV.UK**

FUTURES OUTREACH CO-ORDINATOR : 07920518125  
(EOIN CONWAY)

**STARTS  
14TH SEPT  
2020**



**START360**

**Housing  
Executive**

**Peace**  
Northern Ireland - Ireland  
European Region of Development in Focus



# #EAHighFive: 5 ways to wellbeing





**Be Active!**

Getting dressed or  
tying your  
shoelaces



Fixing  
yourself  
something  
to eat



Riding your  
bike or going  
without  
stabilisers

**Learn how to do  
something that  
you couldn't do  
on your own  
before.**



**Be Independent**



**Keep  
Learning!**

How have you have been  
creating new neuron  
pathways?

Robyn has been learning how to  
take care of the tomato,  
strawberry and herb plants in her  
mini-greenhouse!



**Nifty  
Neurons...**

Keavy has been learning to cook  
different meals. Here she is making  
a pizza!



**High  
Five**



**Take  
Notice!**



Primary  
Behaviour  
Support &  
Provisions



**Be Thankful**

**What are you  
thankful for?**





Give!

High  
Five  
Friday

Who have you  
been giving  
your time to?

Be Generous



Primary  
Behaviour  
Support &  
Provisions



Be **supportive**

Be **careful**

Be **alert**

Be **kind**



**Psychological  
First Aid**

**FREE E-learning module**

**A free E-learning module is available  
for anyone working or volunteering across the  
statutory, voluntary and community sectors**

**[www.pha.site/psychologicalfirstaid](http://www.pha.site/psychologicalfirstaid)**







## Newry, Mourne and Down District Council




11 hrs · 



**HMRC** 



12 August at 16:01 · 

As children begin to return to schools across the UK, don't forget that many parents will be eligible for Tax-Free Childcare, saving up to £2,000 per child, per year for services such as breakfast clubs, nurseries and after-school clubs 📌 [https://www.childcarechoices.gov.uk/?utm\\_source=HMRCgovuk&utm\\_medium=OwnedFacebook&utm\\_campaign=TFC20](https://www.childcarechoices.gov.uk/?utm_source=HMRCgovuk&utm_medium=OwnedFacebook&utm_campaign=TFC20)







## Home to School Transport Helpline

02895 985959

*Open Monday to Friday,  
between the hours of 8:30am - 12:30pm  
and 1:30pm - 5:30pm*



### EA Service Update

#### **SPECIAL EDUCATION NEEDS Statutory Operations 028 9598 5960**

If you wish to discuss your child's statement or the Statutory Assessment Process please contact your named Officer via email and they will get back to you as soon as possible.

If you require further information, our Helpline Staff will be happy to assist you with general queries (Mon-Fri 9am-5pm).

Our Helpline is experiencing a large volume of calls at the moment and we really appreciate your patience at this time.

Please note that SEN transport related queries should be directed to the Transport Helpdesk on 028 9598 5959.

## COVID-19 Coronavirus - Update

### SEN HOME TO SCHOOL TRANSPORT UPDATE

Revised guidance for schools and school transport was published by the Department of Education last week.

We're working hard to put this guidance into practice and confirm transport for children with special education needs as quickly as possible.

Notification of arrangements to parents began earlier this week and will continue over the weekend by post and telephone.

If any parent/guardian has any queries please contact our Transport Helpline on 028 9598 5959.

## FE Grants 2020/21

Aged 19 years  
or over?

Studying a Level 1, 2  
or 3 course?

You may be able to get financial  
assistance with fees, living costs  
and childcare costs.

To find out more & to apply visit  
[www.eani.org.uk/feapplication](http://www.eani.org.uk/feapplication)



### **Free School Meals Guidance Note**

We are aware that a number of families may not yet have completed their annual application for free school meals. If you are working with a family who you believe may be entitled please check with them that they have a form completed. We have attached a printable copy of the form which your staff can use to assist families who need help to apply.

- Complete the form and ensure claimants sign and date.
- If a family don't have a bank account then write this on the form and uniform grant payments will be made by cheque.
- Bring the form to your local jobs and benefits office and hand it in (you probably won't get beyond the reception desk).
- Jobs and Benefits staff will stamp the form, attach any evidence statements required and post back to the local EA office.
- EA office will process the form and the child's school will be notified of the child's entitlement to free meals.
- Uniform grant will be paid to bank account or posted by cheque.





# Free School Meals Applications



**Check  
Eligibility**



**Apply Online  
or Complete  
Paper Form**



**Provide  
Verification  
Documentation**



**Complete &  
Submit /  
Return Form**

For more info visit [eani.org.uk/fsm](http://eani.org.uk/fsm)



## Application for Free School Meals/School Uniform/Physical Education Clothing Allowance 2020/21

Only use this form if you live in Northern Ireland and your child/children attend a school or Regional College/FE College in Northern Ireland.

It is important to return your completed form **immediately** to avoid delaying your claim. **Application forms which are unsigned, incomplete or relate to the wrong school year cannot be processed and will be returned to you.** Forms are processed in date order of receipt. During the peak processing period of June to September it may take up to 6 weeks to process your claim.

This form must be completed and signed by the person receiving benefits as stated overleaf. Application must only be made for children **IN YOUR ACTUAL CUSTODY** who are included in the parents'/guardians' Child Benefit / Child Tax Credit / Universal Credit payments.  
*Some schools may use eligibility to free school meals as part of their Transfer Admissions Criteria.*

### Claimant's Details – Complete All Sections

(Please circle correct title below)  
Name Mr | Mrs | Ms | Miss  
Address National Insurance No \_\_\_\_\_  
Date of Birth (Parent/Guardian) \_\_\_\_\_  
Relationship to Child(ren) \_\_\_\_\_  
Telephone Number(s) Home \_\_\_\_\_  
Mobile \_\_\_\_\_  
Postcode \_\_\_\_\_ Email address \_\_\_\_\_  
Previous address within the last 12 months if different from above: \_\_\_\_\_

**Account Details.** Give details of your bank or building society account into which you require the uniform allowance to be paid. The account must be able to accept payment by BACS. Payment cannot be made to a Post Office account or to an account which does not include your name. **Incorrect bank or building society sort code or account number details may prevent payment.**

Bank/Building Society: \_\_\_\_\_ Account Holder's Name(s): \_\_\_\_\_  
Sort Code: \_\_\_\_\_ Account Number: \_\_\_\_\_

The Account details provided here must be exactly the same as those held by your bank or building society.  
If you do not have a bank account your uniform allowance will be paid by a crossed cheque.

### Add / include in the table below all children / students who will be attending the following:

- Full-time nursery/reception, primary, secondary or grammar school; or
- Regional College/FE College – the campus **must be entered**. Do not enter students on paid training courses; or
- EOTAS Learning Centre/Educational Guidance Centre. Write the name of the school **and** EOTAS Centre/Guidance Centre; or
- If your child is waiting for results please state the school which he/she is most likely to attend. Contact the Meals and Uniform Section if this information changes.

Surname as recorded on Birth Certificate or Legal Name	Forename(s) as recorded on Birth Certificate or Legal Name(s)	Male or Female	Date of Birth	Name of Nursery School, School or College to be attended full-time during school year 2020/2021 (do not leave blank)	Office Use UNF Code

Uniform allowances for pupils **over 16 years of age** will not be paid before September. The Meals and Uniform Section will write to the school/college in September to confirm that the pupil has returned to school. When confirmation of the pupil's return is received the uniform allowance(s) will be paid as soon as possible.

**For students attending Regional College/FE College only:** Is Physical Education part of his/her course? **Yes/No** (Please circle)

**Please complete overleaf**

Office Use			
Entitled Parent/Principal informed	Continued	Cancelled Parent/Principal informed	Not Entitled Parent informed



If you receive one of the benefits listed in this box, you must post this form to the address listed in the Notes attached, so that the Jobs & Benefits / Employment and Support Allowance / Pension Credit office can tick the correct box and stamp it.

The person stated overleaf is in receipt of:

(Please tick appropriate box)

Income Support

Income Based Jobseeker's Allowance

Income Related Employment and Support Allowance

Guarantee Element of State Pension Credit

Above benefits are not in payment

Claimant's National Insurance Number \_\_\_\_\_

Official stamp of verifying agency

If you receive one of the above benefits your Tax Credits Award Notice (TC602)/Annual Review Notice (TC603R)/Universal Credit Statement is not required.

If you are **not** receiving one of the above benefits please follow the instructions below:

<b>Do you receive Child Tax Credit and/or Working Tax Credit?</b> Yes/No (Please circle)	If you receive Child Tax Credit and/or Working Tax Credit with an annual taxable household income not exceeding £16,190 you must attach <u>all pages</u> of your Tax Credits Award Notice (TC602) for the year <b>06/04/2020 to 05/04/2021</b> . If you do not receive a TC602 notice you may use your Tax Credits Annual Review Notice (TC603R) for the year ended April 2020. The TC603R must state on page 1 'Check now no later than 31/07/2020'. An Annual Review Notice which states on page 1 'Reply now no later than 31/07/2020' cannot be accepted. You must attach <u>all pages</u> of your TC603R.  If you have misplaced/lost your TC602/TC603R you must contact HM Revenue and Customs (HMRC) helpline on 0345 300 3900 to request a replacement. If you have renewed your Tax Credits and have not received a TC602/TC603R or a replacement from HMRC by the end of July 2020 you can submit this application form with a letter stating why a TC602/TC603R is not attached.
<b>Do you receive Universal Credit?</b> Yes/No (Please circle)	If you receive Universal Credit and have net household earnings not exceeding £14,000 per year you must attach to this form <u>all pages</u> of your most recent Universal Credit Statement. When printing your Statement, please click into the details of your most recent payment to ensure that you provide us with all necessary information.
<b>Are you an Asylum Seeker?</b> Yes/No (Please circle)	If you are an Asylum Seeker supported by the Home Office Asylum Support Assessment Team (ASAT) you must provide evidence to support your claim. Please send your Asylum documents with this application.

Clear photocopies of the above income documentation will be accepted. These will not be returned.

#### As parent/guardian I, the undersigned

- certify that the information I have given on this form is correct to the best of my knowledge and belief and the child(ren) named overleaf are in my custody and are included in the payments for Child Benefit / Child Tax Credit / Universal Credit;
- undertake to notify the Education Authority if there is any change in circumstances / benefits / address in the knowledge that if I do not do so I am liable for any loss of entitlement to free school meals or refunding the Education Authority for any free meals taken after benefit has ceased;
- certify that I have not applied to any other office for a uniform allowance for 2020/2021; and
- undertake to refund to the Education Authority any overpayment of money paid for school uniform/physical education clothing on behalf of any of the children who do not attend school/college full-time or who do not enrol at the school/college during the 2020/2021 school year.

#### Data Protection Statement

The information provided by you to the Education Authority (EA) is required by us to enable us to process your application for Free School Meals/School Uniform/Physical Education Clothing Allowance. EA is obliged to comply with the General Data Protection Regulation when processing your personal information.

We will process your personal information on the lawful basis that it is part of our public task to do so. Your personal information may be shared with other Departments / Agencies within and outside the EA for the purposes of the processing your application, provision of the service/grant/allowance applied for and/or to verify the information provided in your application form for fraud prevention purposes. To the extent that EA processes your personal data for the purposes of fraud prevention and such processing falls outside EA's public task, EA will process your personal data for this purpose on the lawful basis that there is a legitimate interest in doing so.

We have published detailed Privacy Notices on our website <https://www.eani.org.uk/about-us/privacy/ea-privacy-notices> which provide further information on how EA processes your personal information as well as detail on how to contact us if you have any questions.

Claimant's Signature \_\_\_\_\_

Date \_\_\_\_\_

Completed forms should be returned to:

Meals and Uniform Section, EA Armagh office, 3 Charlemont Place, The Mall, ARMAGH, BT61 9AX. Telephone: 028 3751 2523

Office Use						Checked by	
TC602	TC603R	UCS	CTC	WTC	UC	Income	£





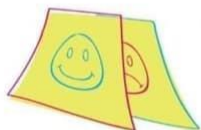
Peep  
tips

Personal Social  
and Emotional Development:

Understanding and managing behaviour  
– recognising positive behaviour

Remember to recognise and label the behaviour  
you'd like to encourage in your child:

'You played really well with the  
puzzle while I washed up!'



Children are more likely to  
repeat behaviour for which they  
receive positive attention!

peep

supporting parents and  
children to learn together

Find more Peep tips:  
@PeepCentre



www.peeple.org.uk



[www.facebook.com/helpkidstalk](https://www.facebook.com/helpkidstalk)



Why is learning new words important? 🤔

The number of words a child  
knows at age 5 can tell us  
whether a child brought up in  
poverty will escape poverty in  
adult life



The more words a child knows,  
the easier it will be for them to  
learn to read!



Vocabulary



Children who know less words  
find it hard to say how they feel,  
to make friends & resolve  
arguments or problems



Without a good vocabulary,  
children struggle to understand  
what is being said to them &  
what they are taught at school



# Reconnect



## over coffee

Most of us know when we are mentally and physically well, but sometimes we need a little extra support to keep well.

# Take5

steps to wellbeing

There are five simple steps to help maintain and improve your wellbeing. Try to build these into your daily life – think of them as your ‘five a day’ for wellbeing.



### Connect

Connect with the people around you: family, friends, colleagues and neighbours at home, work, school or in your local community. Think of these relationships as the cornerstones of your life and spend time developing them. Building these connections will support and enrich you every day.



### Be active

Go for a walk or run, cycle, play a game, garden or dance. Exercising makes you feel good. Most importantly, discover a physical activity that you enjoy; one that suits your level of mobility and fitness.



### Take notice

Stop, pause, or take a moment to look around you. What can you see, feel, smell or even taste? Look for beautiful, new, unusual or extraordinary things in your everyday life and think about how that makes you feel.



### Keep learning

Don't be afraid to try something new, rediscover an old hobby or sign up for a course. Take on a different responsibility, fix a bike, learn to play an instrument or how to cook your favourite food. Set a challenge you will enjoy. Learning new things will make you more confident, as well as being fun to do.



### Give

Do something nice for a friend or stranger, thank someone, smile, volunteer your time or consider joining a community group. Look out as well as in. Seeing yourself and your happiness linked to the wider community can be incredibly rewarding and will create connections with the people around you.



## Symptoms of COVID-19

New continuous  
cough



High  
temperature



Loss of, or change in, sense  
of taste or smell



**If you have any of these  
symptoms, get tested**



Test ✓ Trace ✓ Protect ✓



If you receive a **positive  
COVID-19 test result** you will  
be contacted by the PHA's  
Contact Tracing Service on  
**(028) 9536 8888.**

It is really important that you  
answer this call to help us  
identify close contacts and  
reduce further spread.



# YOUR NHS NEEDS YOU. HELP US FIND A VACCINE FOR COVID-19.

Join the NHS COVID-19  
vaccine research registry today:  
[nhs.uk/researchcontact](https://nhs.uk/researchcontact)







# Minor Injury Unit

## Downe Hospital

From 10 August 2020  
Downe Minor Injuries Unit  
will be open 7 days per  
week, 9.00am - 5.00pm

### Telephone Triage

Patients should phone for  
advice and will be  
instructed on the  
appropriate place and time  
for them to be seen, an  
appointment may be  
allocated.

Downe Hospital Minor Injuries  
Unit is a nurse-led service and is  
able to treat:

- Children over 5 years old
- Cuts and grazes
- Sprains and strains
- Sports injuries
- Limb injuries
- Bites and stings
- Burns and scalds
- Removal of foreign bodies  
from ears, eyes, nose
- Dressing changes and removal  
of stitches

 (028) 4483 8091

If you are unwell or have an Emergency, you should dial 999





# ASSOCIATION FOR INFANT MENTAL HEALTH (NORTHERN IRELAND)

**HSC** South Eastern Health and Social Care Trust

"I felt extremely alone, anxious, overwhelmed and at some points depressed. My ABC PiP worker really listened and cared about what I had to say, this helped with my anxiety, dealing with a difficult partner, loneliness and my fear of not connecting with my baby. I was provided with a range of resources which mentally prepared me for the arrival of my baby."

ABC PiP Service User

**Contact Details:**

ABC PiP  
8 Moss Road  
Ballygowan  
BT23 6JE  
(028) 9598 8056  
email: [ABCPiP@setrust.hscni.net](mailto:ABCPiP@setrust.hscni.net)

Believe in children  
Barnardo's  
Northern Ireland

Sing a rhyme anytime  
Start your child learning  
for a lifetime!

2rhymesby2

If you would like more information on Infant Mental Health and the ABC PiP Service email: [ABCPiP@setrust.hscni.net](mailto:ABCPiP@setrust.hscni.net)






# Don't take risks with a sick child



 If your child is unwell and you are worried contact your GP.

 If you think your child is seriously ill you should take them to the nearest Emergency Department. Ring ahead if they have a respiratory condition.

Our GPs and most Emergency Departments are still open for business and are ready to care for sick children.



Parents don't ignore the signs of **type 1 diabetes** because of COVID-19

Undiagnosed type 1 diabetes can be fatal.

Toilet

Tired

Thirsty

Thinner

If parents are concerned about their child they should have their blood glucose (sugar) checked either in the GP surgery or local pharmacy.





## What just happened booklet



The EITP Trauma Informed Practice Project have developed a short guidance booklet for Parents and Carers of Children in response to COVID-19. We hope you find this a helpful resource. Please share with your colleagues and networks.

This booklet is available to download on the SBNI website along with our other ACE/Trauma Informed Practice resources and information booklets at:

<https://www.safeguardingni.org/aces/publications-and-helpful-resources>



## **Bend Don't Break - Building strengths to help people cope with life's pressures**

**Bend Don't Break is a workbook that people can work through in their own or with support.**

**People who have used this work have found it helped them:**

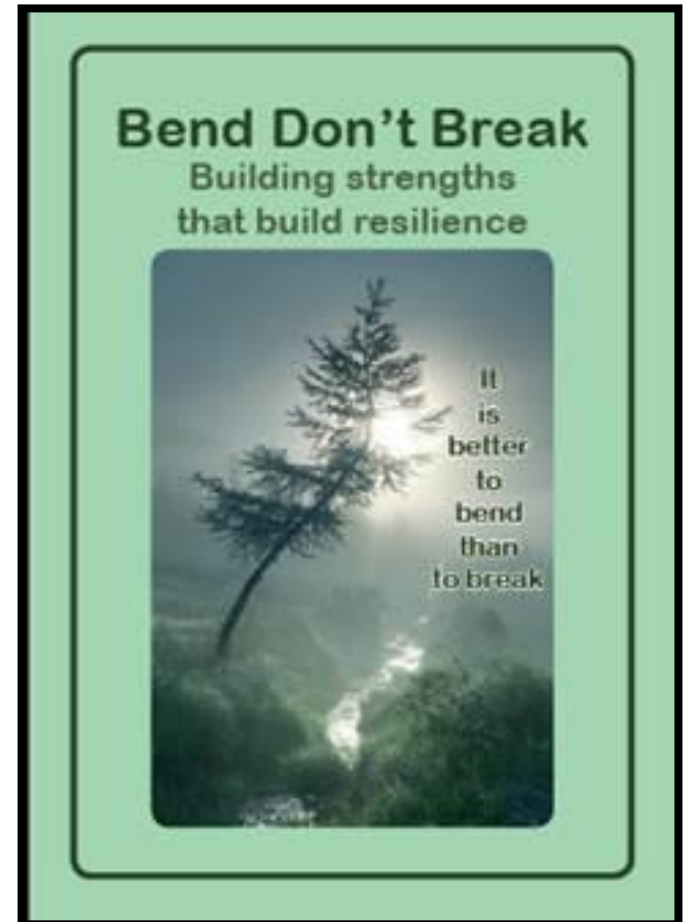
- **Deal with stress and problems**
- **Be less anxious**
- **Lift their mood**

**A range of organizations are using it with people. If you would like to see a copy and work through it on your own visit**

**<http://www.setrust.hscni.net/healthyliving/2583.htm>**

**What one person has said about Bend Don't Break:**

*"I learned so much. It is the kind of information that everyone needs. It really helped give me control."*





These are certainly worrying times.

We created a booklet with practical suggestions to improve wellbeing with links to resources. It can be downloaded from

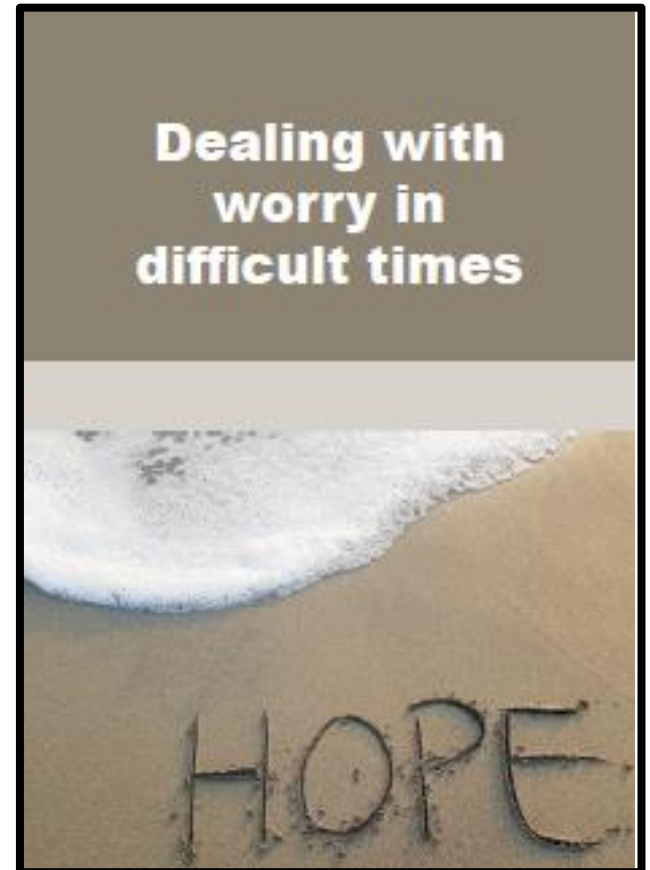
[http://www.setrust.hscni.net/pdf/pocket guide for worry.pdf](http://www.setrust.hscni.net/pdf/pocket%20guide%20for%20worry.pdf)

If you would rather hear the messages in the booklet:

<https://www.youtube.com/watch?v=dIYhhhqf9Gc>

Or by searching for Ed Sipler on You Tube

We hope you find these helpful.







South Eastern Health  
and Social Care Trust



**SureStart Ards are excited to announce  
the launch of our new webpage with lots of  
information and fun activities for families  
and children.**

**Make sure to visit at:  
[www.surestartards.com](http://www.surestartards.com)**



Hope everyone is keeping well and safe just a reminder that our website is full of lots of ideas /information/you tube videos for the family.

Visit Down SureStart.

You tube for baby movement, reflexology, rhyme time, story time, SureStart monthly challenge and more to come in the future.

**[www.downsurestart.org](http://www.downsurestart.org)**





# Let's Play!

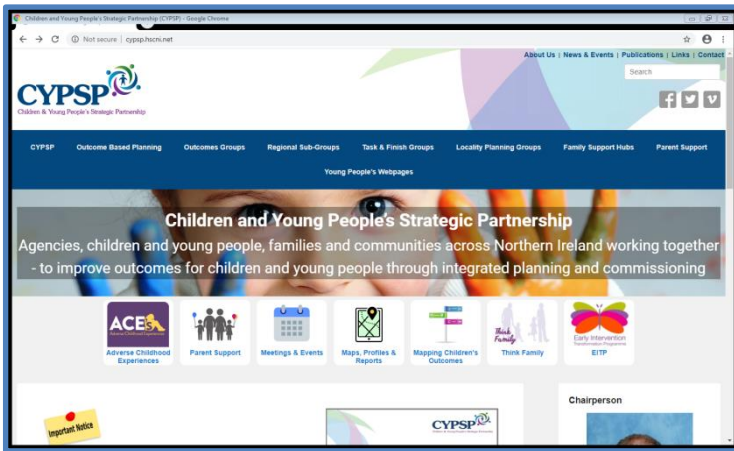
**We currently have availability for After  
School sessions in:  
Bangor (Bangor Central Integrated PS)  
Rathmore (Rathmore PS)**

**Email [afterschool@northdownymca.org](mailto:afterschool@northdownymca.org) for  
an info pack!**



#childcare  
#playwork





L

## Please find links for latest resources & information;

Education Authority Newsletter

[www.cypsp.hscni.net/education-authority-high-five-newsletter/](http://www.cypsp.hscni.net/education-authority-high-five-newsletter/)

[Bereavement Booklet](http://www.cypsp.hscni.net/hope-in-crisis-bereavement-booklet/)

<http://www.cypsp.hscni.net/hope-in-crisis-bereavement-booklet/>

<http://www.cypsp.hscni.net/covid-19-daily-updates>

[CYPSP Resource pack for children and young people](http://www.cypsp.hscni.net/resource-pack-for-children-young-people/)

<http://www.cypsp.hscni.net/resource-pack-for-children-young-people/>





See link below to our Face Book page;

Why not follow and enjoy.....

**‘Rhythm and Rhyme and Story-telling’**

<https://www.facebook.com/homestartnorthdown/>

**Home Start Down  
District  
Supporting  
Families through  
Covid 19**



**Do you have at least 1 child under 5? Would you be glad of some extra support or a listening ear during these difficult days?**

**One to One on-line Support for Parents**

**A volunteer or staff member provides ongoing, weekly one to one support to parents by phone, skype or zoom, offering emotional and practical support.**

**Counselling Service- One to one counselling available on-line from a fully qualified Counsellor with BACP membership**

**Join a Family WhatsApp Groups—Family Group Workers will provide emotional support, play ideas, signposting and a chance to check in with other parents with at least 1 child under 5.**

**Specialist Virtual Support Groups-Using zoom, we are developing virtual groups where parents can participate in workshops focusing on issues such as mindfulness, managing children’s behaviours and coping skills.**

**Support Email Service -Provides information and support about a whole range of issues.**

**For more information: contact: [ballynahinch@homestartdd.org](mailto:ballynahinch@homestartdd.org)  
[downpatrick@homestartdd.org](mailto:downpatrick@homestartdd.org)  
[newcastle@homestartdd.org](mailto:newcastle@homestartdd.org) or pm us at Home Start Down Face  
Facebook**





# ***WE'RE OPEN!***

## **Family Mediation NI**

continues to offer  
mediation sessions  
via online platforms  
to those separated parents who  
wish to engage in child  
focussed mediation

**FMNI now provides online mediation\***  
**Call us to avail of HSCB funded service**  
**for separated parents**

Sessions offered to parents wishing to avail of  
mediation during COVID-19 and beyond\*

*\*subject to suitability*

For more information, please contact  
**02890 243265**  
or [enquiry@familymediationni.org.uk](mailto:enquiry@familymediationni.org.uk)  
or [administration@familymediationni.org.uk](mailto:administration@familymediationni.org.uk)  
visit [www.familymediationni.org.uk](http://www.familymediationni.org.uk)



The Trust Family Support Hubs will continue to operate to support families in need of support during the COVID-19 crisis. We will be working closely with voluntary and community partners to best meet the needs of families during this time.

- ❖ Referrals will continue to be made via the Trust Family Support Hub using the same referral criteria.
- ❖ During the Covid-19 Crisis verbal consent from families will be accepted.
- ❖ Home visits will not be completed for the foreseeable future. Family Support staff based in the Trust, Surestarts, Homestarts, Barnardos, Action for Children and the YMCA will continue to offer interventions to families using other forms of communication and support, such as:
  - Phone calls offering guidance around behaviour management, techniques for emotional regulation, emotional support for children/ parents
  - Therapeutic support with children and young people using phone calls/ skype/ zoom etc.
  - Resource packs to be provided to families providing techniques re behaviour and boundary setting, home schooling, activities to engage children and promote healthy routines (infection control will be adhered to)
  - Appropriate telephone follow up with families based on need. Some families may require daily telephone calls given the current crisis.
  - Signposting to voluntary and community agencies where appropriate for practical support.

Please send all referrals to: [familysupporthubs@setrust.hscni.net](mailto:familysupporthubs@setrust.hscni.net) or post to:

Karen Otley  
Family Support Co-ordinator (Trustwide)  
Laganside House  
Lagan Valley Hospital

For any queries please contact:

Direct Dial: **02892501357**  
Internal ext: **84441**

**Family Support Newsletter July Edition**

<http://www.cypsp.hscni.net/download/fs-hubs/COVID-19-Family-Support-Newsletter.pdf>





## **Free Domestic Abuse Awareness Raising for Hairdressers and Beauticians**

### **Why are we offering this domestic abuse awareness raising?**

For many people who are experiencing domestic abuse, hairdressers and beauty salons are safe spaces where they're at ease with the stylists they trust. Salon professionals are in a unique position to recognise the signs and symptoms of abuse in their clients. We believe, salon professionals can become invaluable and influential community partners in reducing the impact of domestic abuse.

### **Why do we need to do more about domestic abuse?**

- In 2019/20 PSNI responded to 31,817 incidents of domestic abuse, this equates to one every 17 minutes. Yet we know the majority of domestic abuse goes unreported.
- With COVID-19, PSNI reported almost 2000 domestic abuse calls were made to them during the first 3 weeks of lockdown.
- Northern Ireland has the joint highest domestic homicide figures per population in Europe.

### **What are we offering?**

Sessions aimed at enabling participants to recognise domestic abuse; know how to respond to disclosures & know where to signpost for specialist support. Participating salons will receive a free resource pack. Sessions will take place online via Zoom from 6.30pm -8.30pm. Choose one of the dates depending on your location -

- Monday 5th October (East Belfast based salons)
- Monday 12th October (West Belfast based salons)
- Monday 19th October (North Belfast based salons)
- Monday 26th October (South Belfast based salons)
- Monday 2nd November (Belfast wide)

**Anyone can be a victim of domestic abuse. Help us to raise awareness and tackle the issue of domestic abuse.**

For more info and to book contact



jenny.massey@belfastwomensaid.org.uk or 028 90666049



**This is the Northern Ireland service to register for access to a priority online supermarket delivery slot from Asda, Iceland, Sainsbury's or Tesco.**

Is this for me?

You can register if you:

- Live in Northern Ireland
- You or someone you provide care for have been advised by your/their Doctor (GP) to avoid all face to face contact for 12 weeks; and
- Do not have access to alternative help and support for shopping from family or friends, or other local networks

These stores will make every effort to offer you an online delivery slot, but it is dependent on demand and cannot be guaranteed.

Register a request for a priority online supermarket delivery slot in Northern Ireland for those who have been advised by their Doctor(GP) to shield themselves (avoid all face-to-face contact for 12 weeks)

<https://www.nidirect.gov.uk/services/register-priority-online-food-delivery>

Or contact:

[COVID-19EmergenciesResponseProgramme@communities-ni.gov.uk](mailto:COVID-19EmergenciesResponseProgramme@communities-ni.gov.uk)



**Back to  
school!**

## **Zoom Workshop Healthy, happy kids: Lunchbox & Snack Ideas**

**Are you looking for some  
back-to-school lunch ideas?**



**Do you want healthy,  
budget-friendly recipes?**



**Would you like tips from a dietitian on  
how to create healthier snacking habits  
for your child?**



**Includes advice on fussy eating  
and portion sizes.**

**If you answered “yes”  
to these questions, this  
free 1 hour workshop is  
perfect for you!  
See details to register.**





## Silly Squad

### Summer Reading Challenge 2020

Libraries NI is delighted to announce details of Silly Squad, Summer Reading Challenge 2020 produced by The Reading Agency and delivered by Libraries. The Silly Squad, Summer Reading Challenge, is a free, exciting way to keep young people aged 4 - 11 years reading during the summer months.

Due to the current circumstances in relation to COVID-19 and with school life disrupted, this year's Silly Squad, Summer Reading Challenge will be even more beneficial in helping parents and carers to find fun, family-friendly activities to support children in maintaining and developing their reading levels.



# Free access to children's eBooks

Available to download to your tablet  
or mobile device in minutes

libraries **ni**





**ARE YOU CONCERNED ABOUT THE SAFETY OR  
WELFARE OF A CHILD?  
IF SO, PLEASE CONTACT:**

**SOUTH EASTERN HSC TRUST  
CHILDREN'S SERVICES GATEWAY TEAM**

**Tel: 0300 1000 300**

9.00am - 5.00pm

Monday - Friday

**RESWS**

**Tel: (028) 9504 9999**

5.00pm - 9.00am

Monday - Friday

(24hrs Saturday/Sunday/Bank Holidays)



# Domestic Abuse

Women's

Federation Northern Ireland

**domestic and  
sexual abuse  
helpline**  
**0808 802 1414**  
Freephone confidential 24/7 helpline  
**Call now.**

dsahelpline.org

24 HOUR  
DOMESTIC &  
SEXUAL ABUSE  
HELPLINE  
0808 802 1414

If you, or someone else,  
is in immediate danger,  
ring 999, otherwise  
you can reach the police  
24/7 on 101 or at  
[www.psni.police.uk](http://www.psni.police.uk)

We know that the government's advice on self or household-isolation will have a direct impact on women and children experiencing domestic violence and abuse in Northern Ireland. Home is often not a safe place for survivors of domestic violence and abuse. We are concerned that social distancing and self-isolation will be used as a tool of coercive and controlling behaviour by perpetrators and will shut down routes to safety and support. Safety advice and planning for those experiencing domestic abuse should be included in the national government advice on COVID 19.

The impact of self-isolation will also have a direct impact on specialist services, who are already operating in an extremely challenging funding climate and will be rightly concerned about how to continue delivering life-saving support during the pandemic. They could see challenges in funding, staff shortages and further demand for their help. We welcome today an announcement from the Department of Communities who fund our refuges and outreach services that there would be no impact to the voluntary and community sector. As an organisation, we have made provisions in order to continue our key frontline work. Women's Aid have major contingency plans which have been put in place by all our local groups in a bid to continue to support women and children using multi communication formats, where face to face contact may be a current health and safety risk. Please contact your closest local Women's Aid groups to get more info on these diversified services. Women's Aid across Northern Ireland is made up of nine local groups and Women's Aid Federation NI. We are continually working together to understand the impact COVID 19 is having on women and children experiencing domestic violence and abuse and their service provision.

We are calling on our local Assembly to consider the safety and specific needs of survivors of domestic violence and abuse in Northern Ireland and services as a fundamental priority within their advice, guidance and contingency planning for COVID 19. We also call on Government to recognise our workers within frontline services as 'key workers'. Our work is critical to the Covid-19 response regarding prioritisation for education provision.

Women's Aid – including Live Chat, email, the Survivors Forum and local services:

[womensaid.org.uk/information-support/](https://www.womensaid.org.uk/information-support/)

Northern Ireland Local services: [www.womensaidni.org/get-help/local-groups/](https://www.womensaidni.org/get-help/local-groups/)






## Useful Helplines\*

Coronavirus Helpline	0808 802 0020
Advice NI Tax & Benefits Helpline	
<ul style="list-style-type: none"> <li>• Tax Credits</li> <li>• Child Benefit</li> <li>• Childcare Costs</li> <li>• PAYE</li> <li>• Self-Assessment</li> <li>• National Minimum Wage</li> </ul>	0800 988 2377
Housing Executive	
<ul style="list-style-type: none"> <li>• General enquiries</li> <li>• Repairs</li> <li>• Out of hours emergency repairs</li> <li>• Benefits enquiries</li> </ul>	0344 8920 900 0344 8920 901 0344 8920 901 0344 8920 902
Law Centre NI Helpline	028 9024 4401
Money Advice Service Helpline	0800 138 7777
Welfare Changes Freephone Helpline	0808 802 0020
Benefit Enquiry Line (NI) provides info on:	
<ul style="list-style-type: none"> <li>• Attendance allowance</li> <li>• Disability living allowance</li> <li>• Carer's allowance</li> <li>• Carer's credit</li> </ul>	0800 220 674
Personal Independence Payment (PIP) - New Claim	0800 012 1573
- Existing Claim	0800 587 0932
The Rainbow Project	028 9145 7877
NI Prisoners' Families	0808 808 2003

\* Correct at time of publication.

*Providing daily lifestyle, wellbeing and health support for all.*

We're Social! Follow us on:   

## The Hen's Shed....

a fabulous new programme for Women delivered by Kilcooley Women's Centre, Bangor. It's a place where women can learn and grow together, empowering and supporting each other whilst learning a broad range of skills and taking time out from busy lives.

The shed aims to bring people together, targeting deprivation and social isolation and most importantly it is not just a shed. Classes will be timetabled and will range from Health and Wellbeing classes, Beginners Gardening, Cookery, Arts and Crafts and of course free time for individuals to work on their own projects.

We look forward to welcoming people to join the project in late August/ Early September. If you want to add your name to our expression of interest form, please send your contact details via email to [seanna@kilcooleywomenscentre.co.uk](mailto:seanna@kilcooleywomenscentre.co.uk) or telephone 028 9147 8292.







Helplines NI website has been updated to include details of UK and NI helplines that have been setup in response to Coronavirus. To date, over 20 new helplines covering a range of topics (e.g. community helpline, befriending, government grants, pregnancy) have been established specifically in response to coronavirus. For more information visit: <https://www.helplinesni.com/>



# Online Courses for Parents & Parents-to-be

**FREE** for  
parents, grandparents  
and carers across  
**NORTHERN IRELAND**

From bump to 12  
months, lifetime  
access



**Access Code:**  
**NIBABIES**

go to [www.inourplace.co.uk](http://www.inourplace.co.uk)

**Apply the 'ACCESS' code for a 100% discount!**  
**Fill in some details to create an account**

To return to the course(s) go to  
[www.inourplace.co.uk](http://www.inourplace.co.uk) and sign in!



**Public Health  
Agency**

For technical support contact  
[solihull.approach-parenting@heartofengland.nhs.uk](mailto:solihull.approach-parenting@heartofengland.nhs.uk)  
or 0121 296 4448 Mon-Fri 9am-5pm

[www.inourplace.co.uk](http://www.inourplace.co.uk)



## DID YOU KNOW?

When breastfeeding, your body identifies bacteria and viruses found in your baby's body and environment. You then produce antibodies specifically tailored to those infections and deliver them to your child through your milk.

Watch the video to find out more:

<http://www.human-milk.co.uk/>



Our Breastfeeding Peer Support Service, BFF, is available to all breastfeeding women; all you have to do is ask your Midwife or Health Visitor to make a referral.

Breastfeeding Peer Support is mother to mother support given by women who have breastfed (or are still breastfeeding) and would like to support other mothers in their breastfeeding journey.

All our volunteers have completed a training course and are registered with the South Eastern HSC Trust Volunteer Service.

Although our Breastfeeding Support Groups have been suspended amid the Covid 19 situation we have a lot of other support still available.

As well as the BFF Service mentioned above there are other resources available:

- 24 hours support from:

**Midwife Led Unit LVH: 02892633534**

**Midwife Led Unit DPK: 02844616995**

**Maternity Unit Ulster Hospital: 02890550469 or 02890550403**

- **National Breastfeeding Helpline: 0300 100 0212** 9.30 am- 9.30pm/ 7 days a week, also on Instagram and Facebook.

Webchat service at [www.nationalbreastfeedinghelpline.org.uk](http://www.nationalbreastfeedinghelpline.org.uk)

- **La Leche League: 0345 120 2918** [www.laleche.org.uk](http://www.laleche.org.uk), also on Facebook and Instagram

- **NCT Helpline: 03003 300771** \*am-10pm 7 days a week

- **Lisburn Breastfeeding Support Group** Facebook page

- **Breastfeeding in Northern Ireland** Facebook page

- Check out our breastfeeding resource page at

[www.setrust.hscni.net/healthyliving/2457.htm](http://www.setrust.hscni.net/healthyliving/2457.htm) with helpful videos and other links.





## SUPPORT SERVICES DURING COVID-19 OUTBREAK

**Weekly Online Support Groups**  
Meetings are held via Skype  
Email [info@aware-ni.org](mailto:info@aware-ni.org) to  
register your interest.



**Support Email Service**  
[info@aware-ni.org](mailto:info@aware-ni.org)

Provides support and information.

**Support Line**  
Monday - Friday 11am-3pm  
07548530931  
07340488254



**Dedicated Coronavirus Webpage**  
[aware-ni.org/covid-19-support](http://aware-ni.org/covid-19-support)  
Useful information and resources.



Looking after your  
mental health during  
the coming days and weeks

Try to relax - take a break from  
reading about what's going on  
and do something fun or  
relaxing



Unplug - turn off the news for a while.  
Netflix binge, watch a film  
or read a book instead

If you're feeling overwhelmed or your  
thoughts are racing, take deep  
breaths - in for 7 seconds, out for 11



Go for a walk or do a workout -  
exercise is one of the best things for  
your mental health, and your immune  
system.

Connect with others -  
especially if you are housebound.  
Make use of phone calls and  
FaceTime.



A guide to  
looking  
after the  
mental  
health of  
you and  
your baby



Project supported by the PHA





# Autism NI

Please note below **Autism NI's** current availability and services update. Should you have any further queries don't hesitate to contact me directly or our Director of Family Support, Kelly Maxwell.

We will keep you updated should any further changes occur.

Autism NI have adopted a work from home policy for the majority of staff. We have taken the decision to postpone all direct face to face services including Support Group meetings, Youth Clubs, Training and home visits.

**However, Autism NI remains open and all other services (including Helpline/Support queries) remain available.**

**Our Helpline number is 028 9040 1729 (option 1).**

We have worked hard to put together an educational resource kit which is now available on our website. Just want to inform you as this is a good resource for parents/carers and professionals supporting families. It is on our Facebook and linked In. The following is the link to the kit on the website:

<http://www.autismni.org/educational-resources.html>

Our Helpline is available on 02890 401729 (Option 1).

Kind regards,

Kelly Maxwell  
Autism NI  
Director of Family Support

Telephone: 07979505571





**EU Settlement Scheme Advice**

**Freephone 0800 138 6545**

Text EUSS to 6664 or email [euss@adviceni.net](mailto:euss@adviceni.net)  
Monday to Friday 10am-4pm

**Debt Advice Service**

**Freephone 0800 028 1881**

Monday to Friday 8am-6pm  
Text ACTION to 81025 or email: [debt@adviceni.net](mailto:debt@adviceni.net)

**Independent Welfare Changes Helpline**

**Freephone 0808 802 0020**

Monday to Friday 9am-5pm or email:  
[welfarechanges@adviceni.net](mailto:welfarechanges@adviceni.net)

**Tax and Benefits Advice**

**Freephone 0800 988 2377**

Monday to Friday 9am-5pm or email: [tax@adviceni.net](mailto:tax@adviceni.net)

**Business Debt Service**

**Freephone 0800 083 8018**

Monday to Friday 9am-5pm or email: [bds@adviceni.net](mailto:bds@adviceni.net)

**Historical Institutional Abuse advice and support**

Call **028 9064 5919** and ask for a HIA advisor  
Monday to Friday 9am-5pm or email: [hia@adviceni.net](mailto:hia@adviceni.net)

**Advice NI Training**

Advice NI is the leading provider of nationally accredited Advice and Guidance, Legal Advice and Independent Advocacy Qualifications in Northern Ireland. For a list of courses, please visit our website.

**Contact Us**

Tel: 028 9064 5919 [www.adviceni.net](http://www.adviceni.net) [info@adviceni.net](mailto:info@adviceni.net)   @AdviceNI

NI Charity No. NIC100008

**Employers  
For Childcare**



**Family Benefits  
Advice Service**

**Freephone helpline:  
0800 028 3008**

Lines open Monday-Friday 10am-4pm  
Email [hello@employersforchildcare.org](mailto:hello@employersforchildcare.org)  
[www.employersforchildcare.org](http://www.employersforchildcare.org)

Providing free, impartial and confidential advice to  
parents, employers and childcare providers on a wide  
range of childcare and work-related issues.





# STILL HERE FOR YOU!

April 2020

#StaySafe

WHAT WE OFFER & HOW TO CONNECT

#YMCAconnects



## CRISIS RESPONSE SERVICE FOR ISOLATED & VULNERABLE

FOOD, MEAL & PRESCRIPTION DELIVERIES, AND WELLBEING PHONE CALLS

☎ 07591 840539 ☎ 07483 347258 ☎ 07591 840805

**YOUTH WORK**  
ONLINE & PHONE SUPPORT  
FOR YOUNG PEOPLE

☎ 07591 840489



**AFTER SCHOOL CLUB**  
SUPPORT FOR CHILDREN &  
PARENTS AT HOME ON PLAY

☎ 07591 840361



## HOUSING SUPPORT

1-2-1 PHONE & ONLINE  
SUPPORT ON HOUSING ISSUES

☎ 07591 840390



## ETHNIC MINORITIES SUPPORT

BILINGUAL ADVOCACY & EUSS SUPPORT  
FOR MIGRANTS & REFUGEES

☎ 07591 840529

☎ 07483 122843



[info@northdownymca.org](mailto:info@northdownymca.org)



YMCA North Down



[@northdownymca](https://twitter.com/northdownymca)



[@northdownymca](https://www.instagram.com/northdownymca)

# START360™

Putting YOU at the centre

## AREN'T GOING ANYWHERE!

In line with government guidance and for the safety of our service users and staff, we have made the decision to close our Start360 offices in Belfast, Ballymena, Derry and Lurgan.

However, we're still working. You can reach us for ADVICE, SUPPORT or to REFER to our services on:

**07923129559 or [info@start360.org](mailto:info@start360.org)**





County Down  
Rural Community  
Network



Healthy Living Centre Alliance



County Down  
Rural Community  
Network

Ballymote Centre, 40 Killough Road, Downpatrick,  
BT30 6PY

Tel: 02844612311

Email: [info@countydownrcn.com](mailto:info@countydownrcn.com)

<http://countydownruralcommunitynetwork.com/>

for further information and copy of latest copy of  
**'July Notes'**, the local e-newsletter



# HERE TO HELP

We are sad to announce that our HUB needs to close due to the need to reinforce the importance of social distancing to help keep people safe. There are a few important things we can offer:



We will continue to share useful information via social media and our Ezine so please send all information to Lindsey on: [admin@ndcn.co.uk](mailto:admin@ndcn.co.uk) and follow us on facebook-[northdowncommunitynetwork](https://www.facebook.com/northdowncommunitynetwork) and Twitter@NDCN\_Bangor



A befriending call a few times a week – please call us on: **02891 461386** or email: [manager@ndcn.co.uk](mailto:manager@ndcn.co.uk) to put your name down or someone you think would benefit. The service will include a phone call, support and if needed, prescription collection and delivery as well as other referrals.



For young people & parents – please stay in touch via Instagram @dice\_bangor or facebook DICE Project, and contact Caitlin on: **07311 211634** or email: [dicecoordinator@ndcn.co.uk](mailto:dicecoordinator@ndcn.co.uk)



If you need help with a free food hamper contact Bangor Foodbank phone: **02891 271800** or **07821 791 674** or Email [info@bangormi.foodbank.org.uk](mailto:info@bangormi.foodbank.org.uk)



If you have money to pay for groceries but can't get out or need to self-isolate, the team at Bangor Elim can come and take your shopping list and money for groceries and deliver to your home – the number is: **028 9127 1800** or email: [info@bangorelim.com](mailto:info@bangorelim.com)



To receive furniture, please contact Kiltonga Christian Centre on: **07748235009**

Please remember if you have a new cough or fever to go home and contact **NHS 111** for advice.



NDCN have also started a Justgiving 'HERE TO HELP' hardship fund page – to be able to receive donations that can be passed on for gas/electric for people in need, to donate please go to: [www.justgiving.com](http://www.justgiving.com) and search for 'ndcn here to help hardship' or the link: [https://www.justgiving.com/campaign/ndcnHERETOHELP?utm\\_term=aG4JPYKzE](https://www.justgiving.com/campaign/ndcnHERETOHELP?utm_term=aG4JPYKzE)

## NORTH DOWN COMMUNITY NETWORK

Community Hub • Flagship Centre • Main St • Bangor • BT20 5AU  
[www.ndcn.co.uk](http://www.ndcn.co.uk) Charity Number: NIC102333

Please stay home, stay safe, be wise and kind as always



EISS in ArdsND area – the service continues to provide services in this area, as far as possible we are trying to continue with face to face services with families. When families or staff are not in a position to have home visiting we will continue to provide support via other technological means eg: regular phone calls, face Time and Skype.

EIFSS covering all of the SET locality – we currently have a large waiting list and have closed for referrals for the next four weeks and will review at that point. As above we will continue to offer home visiting for as long as possible and work creatively in all other situations as above if this is not possible.

As we all know the situation is evolving and changing at a fast pace and we will make decisions as to how we provide services based on government and internal advice. I will keep you up to date.

Can I ask you share this with any organisations you think it may be of benefit to.

Kind regards

Kathie



Heard *and not* seen





## Special Educational Needs Helpline



028 9598 5960

Open Monday - Friday  
from 9am - 5pm



## Parents Plus Special Needs Programme Launch 18th September 2020

We are delighted to announce the launch of the first in the world, evidence-based Special Needs Programme, developed to respond to the complex and under served needs of young people with an Intellectual Disability, 12 – 25 years, and their families. Until now, there have been no tailored parenting programmes for parents of adolescents with I.D. to help them deal with the significant challenges they face during this time.

Join the free ONLINE launch on Friday 18th of Sept 10am -11.30am to learn about the impact of this much needed support.

[www.parentsplus.ie](http://www.parentsplus.ie)

## COVID-19 Coronavirus - Update

### SEN HOME TO SCHOOL TRANSPORT UPDATE

Revised guidance for schools and school transport was published by the Department of Education last week.

We're working hard to put this guidance into practice and confirm transport for children with special education needs as quickly as possible.

Notification of arrangements to parents began earlier this week and will continue over the weekend by post and telephone.

If any parent/guardian has any queries please contact our Transport Helpline on 028 9598 5959.







make the  call

to ensure you're getting all the money  
and supports you're entitled to

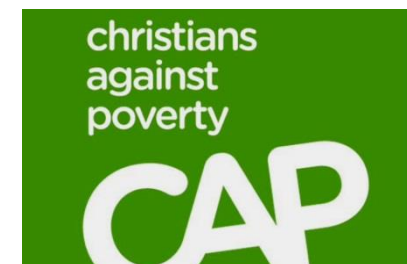
0800 232 1271



St Vincent  
de Paul Society

England and Wales

Turning Concern into Action





# DRUG AND ALCOHOL SUPPORT SERVICES

## SOUTH EASTERN HEALTH AND SOCIAL CARE TRUST AREA

Date of publication: JUNE 2019

Disclaimer: HSC Public Health Agency has taken every care to ensure the accuracy of the information provided in this document, but it is not responsible for any errors or omissions, or for any consequences arising from the use of the information. It is recommended that you check the details with the relevant service before using the information.

This publication can also be downloaded from [www.drugsandalcoholni.info](http://www.drugsandalcoholni.info)



### Services for Adults

#### MARC Project

Drop in service for chronic drinkers in the North Down and Ands area offering basic care, housing and crisis support.

#### The Link

☐ Tel: 028 9182 1124

#### South Eastern Outreach Team

Low threshold service aimed at those who misuse alcohol and/or drugs at harmful levels and/or in harmful ways but who are unable to commit to formal treatment (including chronic drinkers and injecting drug users).

Open Access/Self Referrals Accepted

#### Simon Community

☐ Tel: 074 3575 4307

☐ Tel: 074 3575 4302

☐ Tel: 074 3575 4301

#### Community Based Adult (Step 2) Service

One to one therapeutic treatment and support service for alcohol and/or drug misuse. Family members can also get advice and support - regardless of whether their significant other is seeking help.

Open Access/Self Referrals Accepted

#### Dunleavy Addictions Service

☐ Tel: 028 9039 2547

☐ Tel: 077 0817 6225

#### Statutory Addiction Service

Provided by a range of specialist teams within community and hospital settings.

GP & Mental Health Professional Referrals

#### SEHSCT

☐ Tel: 028 9151 2159 (Newtownards)

☐ Tel: 028 9266 8607 (Lisburn)

☐ Tel: 028 4451 3921 (Down)

Residential treatment is accessible through the statutory addiction service.

Addiction Service Referrals

Ward 15, Downshire

☐ Tel: 028 4451 3922

### Young People/Family

#### Bangor Youth Engagement Service (YES)

A youth friendly, holistic health and wellbeing service where young people, aged 11-25, have opportunities to socialise and to get advice and support on a range of issues.

#### Open Access

Extrem (based in Bangor YMCA)

☐ Tel: 028 9145 4290

#### Strengthening Families Programme

Parents and children participate in the programme, both separately in teen and parent sessions, and then together in family sessions (7 week programme).

Targeted at At-Risk/Vulnerable Families

#### SEHSCT

☐ Tel: 028 9250 1357

#### Targeted Lifeskills Service

Groupwork programme for young people, aged 11-25, focused on life skills and harm reduction.

#### LYMCA

☐ Tel: 028 9267 0918

#### Steps 2 Cope

Online support and self help resources for young people, aged 11-25, affected by a parent's use of alcohol.

ASCERT & Barnardos

☐ www.stepscope.co.uk

#### DAISY

One to one and group therapeutic treatment and support service for children and young people aged 11-25. Family members can also get advice and support - regardless of whether their significant other is seeking help.

Open Access/Self Referrals Accepted

#### Start 360 & ASCERT

☐ Tel: 028 9043 5815

#### Pharos

Therapeutic treatment and support for families and children affected by parental alcohol and/or drug misuse.

Social Services/Addiction Services Referrals

#### Barnardos

☐ Tel: 028 9066 3470

#### DAMHS (Drug and Alcohol Mental Health Service)

Offering a range of therapeutic support services for young people aged under 18 with significant mental health and substance misuse difficulties.

GP/CAMHS Referrals

#### BHSCT DAMHS

☐ Tel: 028 9063 8000

### Specific Groups

#### Needle and Syringe Exchange Sites

##### Clear Pharmacy

☐ 5 Church Street, Bangor

☐ Tel: 028 9127 1820

##### Gordon's Pharmacy

☐ 25-27 Market Street, Downpatrick

☐ Tel: 028 4461 2014

☐ 56 Bow Street, Lisburn

☐ Tel: 028 9267 4747

☐ 10 Regent Street, Newcastle

☐ Tel: 028 9181 3217

#### Group Support

Call or go online to find a meeting near you.

##### Alcoholics Anonymous

12 Step Programme/Group Meetings

☐ www.alcoholicsanonymous.ie

##### AlAnon

Group Support for Family Members

☐ Tel: 028 9068 2368

☐ www.al-anon.org.uk

##### Alateen

Group Support for Teenagers

☐ Tel: 028 9068 2368

☐ www.alateen.org.uk/alateen

##### Narcotics Anonymous

12 Step Programme/Group Meetings

☐ Tel: 078 1017 2991

☐ www.na-ireland.org

#### Community/Stakeholder Support

##### South Eastern Drug and Alcohol

##### Coordination Team/Connections Service

(SEDACT Connections)

The SEDACT Connections Service provides information, advice, signposting and awareness raising initiatives to a range of community and stakeholder partners.

☐ Tel: 0800 254 5123 (ASCERT)

☐ www.drugsandalcoholni.info

☐ connections@sedact.info

#### Workforce Development Training

A range of drug and alcohol training courses for those working with adults, children and young people.

##### ASCERT

☐ Tel: 0800 254 5123

#### Drink, Work and Me

Offers one to one and online support alongside training to enable employers to recognise the impact of alcohol related harm on the individual and the workplace.

##### Addiction NI

☐ Tel: 028 9066 4434

☐ www.drinkworkandme.com



[www.drugsandalcoholni.info](http://www.drugsandalcoholni.info)



## THE ALCOHOL TEST



"Addressing drugs and alcohol together"

### Is your drinking putting you at risk?

Most adults who live in Northern Ireland drink some alcohol.

Many drink at a level that does not put their health at risk, and if you drink, you may think you are one of them.



**Test yourself now**



For more detailed information on services available in your HSC area visit:  
[www.drugsandalcoholni.info](http://www.drugsandalcoholni.info)



**In Crisis? Call Lifeline** **FREE 24/7 HELPLINE**  
**0808 808 8000**



## **SMOKEFREE HOMES AND CARS**

Do you live in a healthy home?

**‘We all have the right to live and work in a smoke free environment.’**

Exposure to second-hand smoke directly impacts on the health and wellbeing of children, vulnerable groups and pets. Community workers will be trained & equipped with information to enable families to have a healthier

**‘Smokefree Home’**

Make your home and car smoke free today

**Contact; Lisa on 07714153607 or Cathy  
07715044886**

For information on training and support.







# Maternity Stop Smoking Service

2019 - 2020



4195

women booking in the  
South Eastern HSC Trust  
to have their baby.  
(Ulster, Lagan Valley  
and Downpatrick  
Midwifery Led Units)

517

517  
of which were  
smokers



70%

of women stop smoking  
and remain  
successfully quit  
at 4 weeks



Stop Smoking  
Services



208

women enrolled  
into Specialist  
Stop Smoking Service



478 (92%)

were advised about  
Stop Smoking  
Services  
and signposted  
appropriately

75%

of partners referred  
quit smoking



40%

were given  
pharmacological support  
(patches, gum etc.)  
to aid quit

Gum



Stop Smoking  
Patches

Some quotes from  
service users:

"Thank you, I couldn't  
have managed this  
without your support".

"I am so grateful,  
thank you."

"You have changed  
my life".



If you need support to stop smoking please contact: Lisa Harper / Cathy Bell Tel: 07715 044 886



[www.stepstocope.co.uk](http://www.stepstocope.co.uk)

Support for young people affected by alcohol, drugs or mental health problems in the family [www.stepstocope.co.uk](http://www.stepstocope.co.uk)

Are you 11 to 18 years old and affected by someone in the family's alcohol, drug use or mental health problems.

At [www.stepstocope.co.uk](http://www.stepstocope.co.uk) there is a lot of useful information for young people who are living in a home where there is alcohol or other drug misuse, or mental health problems.

There is also a confidential self-help tool that you can work through online. It guides you through 5 steps that help you to think about:

What living with this is like for me

Information: Learning things I will find useful

How I cope with it all

What support I use

Where I can get further help

It is up to you how you use this website. You can use information at your own pace and the self-help tool is completely anonymous.

ARE YOU LIVING WITH A PARENT/CARER  
WHO IS MISUSING DRUGS OR ALCOHOL  
OR DEALING WITH MENTAL HEALTH  
DIFFICULTIES?



VISIT [STEPSTOCOPE.CO.UK](http://STEPSTOCOPE.CO.UK) FOR TOOLS  
THAT CAN HELP YOU COPE DURING THIS  
TIME.

STEPS **COPE**

ASCERT 21

Believe in  
children  
Barnardo's  
Northern Ireland

South Eastern Health  
and Social Care Trust

AFINet

COMMUNITY  
FUND





**Directory of services to help improve mental health and emotional wellbeing, for the latest edition please search;**

[www.publichealth.hscni.net/sites/default/files/2020-01/SouthEastern\\_area\\_card\\_2020.pdf](http://www.publichealth.hscni.net/sites/default/files/2020-01/SouthEastern_area_card_2020.pdf)



## Youth Health Advice Service



HSC South Eastern Health  
and Social Care Trust



Ruth |Ewing, Youth Advice Nurse  
Mob: 07753310352  
serchealth@setrust.hscni.net

Monday – Lisburn  
Tuesday – Ards  
Wednesday – Downpatrick  
Friday – Bangor  
9.30am -- 3.30pm

## Understanding teenagers brains

### Wired for connection

Deirdre McAliskey, National Children's Bureau, and Brendan Bonner, PHA, explain why understanding teenagers' brains can help us to support them during COVID-19. To view our complete series of COVID-19 blogs.

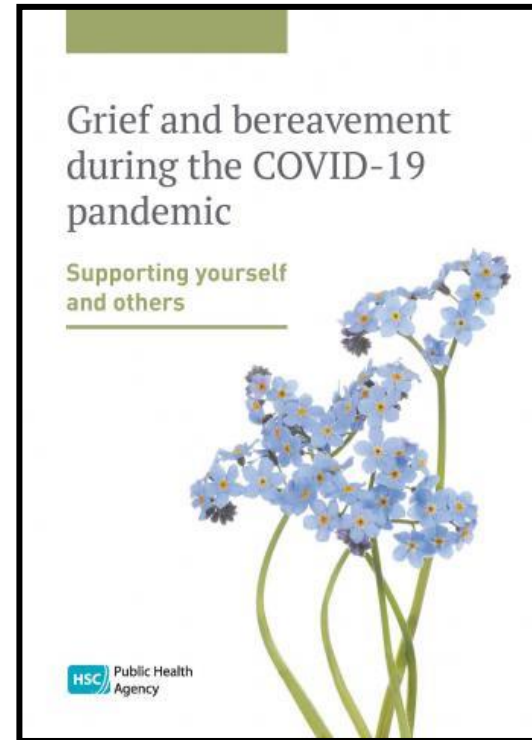
<https://www.publichealth.hscni.net/node/5175>





## Help is at Hand

The purpose of these booklets from the Public Health Agency is to provide practical guidance and emotional support following bereavement.



### Bereavement Resources

<https://www.publichealth.hscni.net/publications/covid-19-bereavement-resources>

### Help is at Hand

[https://www.publichealth.hscni.net/sites/default/files/2020-01/Help is at hand B5 Booklet 01 20.pdf](https://www.publichealth.hscni.net/sites/default/files/2020-01/Help%20is%20at%20hand%20B5%20Booklet%2001%2020.pdf)



# Locality Planning Meetings for 2020

## Ards & North Down LPG

25<sup>th</sup> March CANCELLED

20<sup>th</sup> May CANCELLED

23<sup>rd</sup> September

25<sup>th</sup> November

## Down LPG

1<sup>st</sup> April CANCELLED

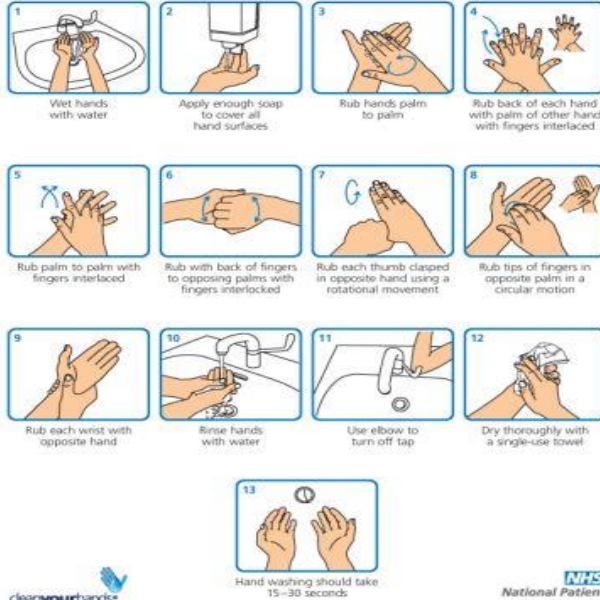
24th June 11am via zoom

10<sup>th</sup> Sept. 2:30 zoom

2<sup>nd</sup> December



## Hand-washing technique with soap and water



© Crown copyright 2007 283275 1p 11 Sept07  
Adapted from World Health Organization Guidelines on Hand Hygiene in Health Care

## Handwashing and respiratory hygiene

There are general principles you can follow to help prevent the spread of respiratory viruses, including:

- washing your hands more often - with soap and water for at least 20 seconds or use a hand sanitiser when you get home or into work, when you blow your nose, sneeze or cough, eat or handle food
- avoid touching your eyes, nose, and mouth with unwashed hands
- avoid close contact with people who have symptoms
- cover your cough or sneeze with a tissue, then throw the tissue in a bin and wash your hands
- clean and disinfect frequently touched objects and surfaces in the home

## Public Notice: COVID-19

Please be aware that calls from our hospitals may come from an 0800 number.

If you receive a call from  
0800 077 8730  
please answer it.



Public Health Agency



**CATCH IT.**



**BIN IT.**



**KILL IT.**



*Self-care is giving the  
world the best of you,  
instead of what's left  
of you.*

Katie Reed